PSY-ING OVER SUPER BOWL ADS

METRO REVIEWS THE BEST AND WORST COMMERCIALS FROM THE NFL'S MOST LUCRATIVE GAME PAGE 7

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LONDON metro®
Tuesday, February 5, 2013
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$$$$ FOR DIPLOMAS

Dave Charrette, 24, of London, graduated from Western University with a degree in medical science and about $30,000 in loan debt. He's managed to pay off a chunk of that, but expects more as he firms up plans for dental school. Metro takes a closer look at the rising cost of a university education in Ontario. The first segment in our three-part series is on page 3. ANGELA MULLINS/METRO

Hwy. 401 money praised

Upgrades. Interchange work planned by MTO expected to help city up its ante

ANGELA MULLINS
angela.mullins@metronews.ca

A "very good deal" for the city.

And: "One Londoners should be proud of."

That's the way Coun. Paul Van Meerbergen summed things up on Monday as a city committee recommended moving ahead with a Ministry of Transportation agreement for $115 million in Highway 401 interchange upgrades.

The city's share of the pie will be about $26.6 million — money that treasurer Martin Hayward said was set aside by the previous council. The work represents a chunk of $2 billion the ministry has pledged for highway and bridge projects across southern Ontario.

Shovels will hit the dirt next year with a new interchange at Wonderland Road expected to be ready for traffic by fall 2015. The project will include lowering Wonderland so it travels beneath the highway.

An expansion of the Highbury Avenue interchange will start in 2015, followed by work at Veterans Memorial Parkway and Colonel Talbot Road. Creating about 2,500 jobs a year over the course of construction, the projects are expected to bolster the city's economy and up its status as a power player along the NAFTA highway.

The Wonderland Road work is considered especially critical as leaders set their sights on increased development in the southwest.

"Obviously, when that interchange opens up, that's the new gateway into the city," Mayor Joe Fontana said on Monday.

In addition to the $115 million in interchange work, the province will spend a combined $25 million to replace bridges crossing the highway at Westminster Drive, Pond Mills Road, and the CN Rail lines.

The Westminster Drive project is slated to start in 2014. Timelines for the other two projects haven't been set.

In other news

- **Website.** The city has launched buildabudget.ca, aimed at getting people involved in the 2013 budget process.
- **Funding priorities.** At the site, people can make their own decisions about funding priorities and see how they affect city finances along with property taxes.

NEWS 1

Church's holy ground may be turned into high-end living

Signs on the lawn of the former Robinson Memorial United Church (1061 Richmond St.) point to a plan to turn the building into residences. ANGELA MULLINS/METRO

Robinson Memorial United. Developer pitching reuse plan for Richmond St. landmark

ANGELA MULLINS
angela.mullins@metronews.ca

Home to nearly 100 years of baptisms, sermons, and weddings, luxury living could be the next thing on tap for a Richmond Street landmark.

London developer Peter Grigoras has set his sights on transforming the former Robinson Memorial United Church into high-end suites.

The roughly 18,000-square-foot building, empty since the church closed in 2010, is big enough for 14 residential units with two or three bedrooms each, he said.

Last summer, crews installed new windows and rehabbed the building's facade "brick by brick and stone by stone," Grigoras said. Interior renovation work is on hold as the developer waits for city council's decision on his request to rezone the property.

Grigoras isn't taking an out-with-the-old approach. He plans to keep plenty of the building's character in tact, including its stained glass windows and cathedral ceilings.

"I like the building. I wouldn't change the building," said Grigoras, who bought the property a little more than two years ago. "I want to preserve it."

He had originally planned to put offices and a medical centre in the space, but walked away from the idea after meeting resistance from neighbours.

City staff is recommending the property be rezoned based on Grigoras' new proposal. The city's heritage advisory committee should be consulted before a final decision is made, staff says.

At a glance

- **Lots to do.** Developer Peter Grigoras' plan to turn the church into residential units includes repurposing residential lots at 1059 and 1057 Richmond St.
- **Driving force.** At least one would be used for parking, Grigoras said.

Two local lawyers to lead Accutane lawsuit

Two London lawyers are helping a group of Canadians take an international health-care company to court, claiming an acne medicine it produces has caused inflammatory bowel disease.

Dave Williams of Harrison Pensa, along with Barb Legate of Legate & Associates, are leading the charge against Hoffmann-La Roche, a company that makes Accutane.

One of their clients, Jennifer Twamley of Toronto, filed a multi-million dollar lawsuit last Friday.

"I guess you would call her the test case," said Williams of Twamley. "We've spoken to dozens of people, and certainly are going to undertake a number of lawsuits."

According to a press release on Harrison Pensa's website, Twamley, 33, began taking Accutane at 17 for acne. She alleges that because of the drug she now has ulcerative colitis, an inflammatory bowel disease that has caused her to undergo a pair of surgeries, including one to remove her colon.

"While our sympathies remain with the plaintiffs over their IBD, the company believes that there is no reliable scientific evidence that Accutane causes this disease and that Roche acted appropriately in providing information to the medical, scientific and regulatory communities," Laura Pagnotta, manager of corporate relations for Roche Canada, told Metro via email.

Williams says the legal team has interviewed about 75 people interested in suing Roche for similar reasons.

Though Williams could not confirm concrete numbers, he says Twamley is suing for "certainly in the millions of dollars." Losses of income and child-care costs are making up a large sum of the claim. JOHN MATISZ/METRO

Duck Canada Goose trend: Protesters

Melissa Rondot-Tuck, 22, left, and Emily Monaghan, 18, walk with about a dozen anti-fur protesters through Western University's main campus Monday. Organizer Nicole Monaghan, 20, says the group rallies because it believes the trendy Canada Goose jackets are produced in poor taste. "They're just completely unnecessary," she said. According to its website, Canada Goose uses coyote fur on its jackets. JOHN MATISZ/METRO

Demands for premier

NDP wants lower car insurance rates

Ontario car insurance companies should be forced to cut premiums by 15 per cent, NDP Leader Andrea Horwath said Monday as she added to her growing list of demands for premier-designate Kathleen Wynne. THE CANADIAN PRESS

Drug, weapon arrests

More details expected on busts

In the past few weeks, London police's street-gang unit and the guns and drugs section seized more than $135,000 worth of drugs, $12,000 plus in cash, firearms and knives. More details are expected at a conference Tuesday. METRO

World stage

Speedskater medals in S. Korea

A 20-year-old Londoner has earned top honours at the Special Olympics World Winter Games in Pyeongchang, South Korea. Speed skater Stephanie Cook will come home with two silver medals after 500- and 222-metre skates. METRO

Neurologist

London doc to get Order of Ontario

London's Dr. Vladimir Hachinski, a world-renowned neurologist and one of the foremost authorities in the field of stroke and dementia as well as Alzheimer's research, will receive the Order of Ontario. METRO

Super bust

Gamblers' big loss

Police in Ontario say they busted a multimillion-dollar illegal gaming operation when they raided an invitation-only Super Bowl event Sunday. Two London men are among the six charged after the raid at a packed banquet hall in Markham. METRO/THE CANADIAN PRESS

Ay, ay, ivy league!

Part 1 of a three-part series. Dollars for Diplomas looks at the high cost of higher learning in Ontario

ANGELA MULLINS
angela.mullins@metronews.ca

Renee Tamming, 21, a fourth-year biochemistry student at Western University, is nearing graduation and a big load of undergraduate debt. Despite having worked multiple jobs to cover tuition, Tamming expects to owe the government about $20,000 by the time she gets her degree. ANGELA MULLINS/METRO

In a word: "Terrifying."

Renee Tamming will walk away from her undergraduate career this spring with a much-coveted biochemistry degree in her hands — and about $20,000 in student-loan debt.

"No one wants to be $20,000 in debt, without a job," the 21-year-old Western University student said. "When I'm doing my PhD, I'm hoping to be able to save a little bit of money to put toward (the loans). Buying a house is probably out of the question for a while."

It's far from an ideal setup for a young person starting out in life. But that's the way it goes these days in Ontario: If you want a university education, you've got to pay — and be prepared to pay big.

Undergrads here face the highest tuition in the country, coming in at an average of $7,180 — almost 30 per cent higher than the national average of $5,581, Statistics Canada says.

Ontario's climb to the top has been steady. Between 1990-91 and 1995-96, Ontario was consistently among the cheapest places to earn a degree. Tuition averaged $2,053 in those years, close to the national average.

Things took a turn for the worse — and stayed that way — in the mid-1990s. With universities facing deep funding cuts from then-premier Mike Harris, average tuition jumped about 16 per cent — or $474 — between the 1995-96 and 1996-97 school years, making Ontario the second-most expensive post-secondary province in the country.

The province secured its spot at the top of the ladder in 2009-10 and is holding steady today. That's likely to continue, analysts predict, if the government doesn't take action.

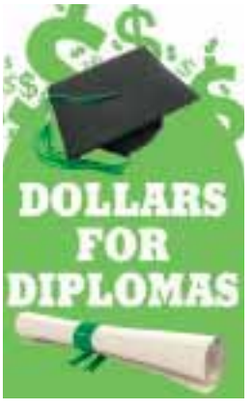
Government figures show an investment of $6.2 billion in higher education through 2009-10, with about $4.3 million in operating grants to institutions and $1.5 million for student financial aid. Investments have continued since, government officials say, with $111 million funnelled into schools this school year.

Despite that, at least some universities say they're still trying to catch up from the Harris cuts, and investments from the Liberal government haven't kept up with inflation.

"Every year, institutions have been making up two to 2.5 per cent," said Bonnie Patterson, president of the Council of Ontario Universities. "It's been the increase in tuition that's helped us offset that inflation."

At least some student advocates acknowledge it's hard to blame universities for tuition hikes. Per-student funding in the province is about 25 per cent below the national average, research by the Canadian Federation of Students-Ontario shows.

"Just to catch up with the rest of the country, it's a fairly large investment," said Michael Yam, a researcher at the federation. "That's part of the problem. We've actually fallen behind over the years because we've ignored this."



What the numbers say

$7,180

Ontario tuition has risen by an average of six per cent annually since the 1990-91 school year. Over that period, tuition has increased to an average of $7,180 this school year from $1,680.

16%

A 16 per cent jump between 1995-96 and 1996-97 was the largest year-to-year increase since 1990-91.

9%

Year-to-year tuition increases in Ontario were in fact higher in the 1990s, averaging nine per cent annually, compared to four per cent since the 2000-01 school year. Schools in other provinces, however, have managed more moderated increases in recent years, helping Ontario earn its dubious ranking as the most expensive.

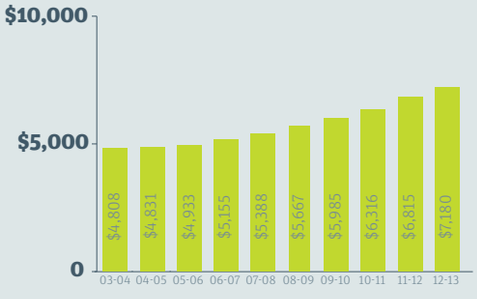
0%

Tuition has been frozen in Newfoundland and Labrador since 2010-11.

Who pays what

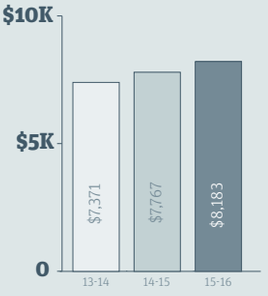
- Students and the government provide, on average, the same amount of revenue (about 48 per cent each) to Ontario universities, according to research by the Ontario Undergraduate Student Alliance based on 2011-12 data.

Weighted average tuition fees for Ontario students



SOURCE: STATISTICS CANADA

Projected tuition



SOURCE: DAVID MACDONALD AND ERIKA SHAKER, EDUFLATION AND THE HIGH COST OF LEARNING, CANADIAN CENTRE FOR POLICY ALTERNATIVES, SEPTEMBER 2012

Top 5

Which Ontario universities have the highest tuition?*

1. **University of Ottawa:** $5,421
2. **Carleton:** $5,406-$7,385
3. **University of Waterloo:** $5,384-$6,682
4. **Queen's:** $5,383-$5,461
5. **University of Toronto:** $5,372-$8,791

* For 2011-12 undergraduate program in arts and humanities

Exclusively online

For an interactive map that shows the cost of tuition at Ontario universities and other infographics, go to metronews.ca/dollarsfeature.

Tomorrow

Supplementary, or ancillary, fees have become a contentious issue between students and universities. Metro takes a closer look in Wednesday's paper.

Q&A. Province stands by funding record

Metro asked the Ontario Ministry of Training, Colleges and Universities for its take on rising tuition, financial aid and other issues affecting post-secondary funding. Here's what a spokesperson said in an email:

What was the net cut/gain to financial-aid programs for 2012?

The ministry decision to discontinue or phase out merit scholarship programs was taken in order to streamline the Ontario Student Assistance Program (OSAP) and focus on needs-based assistance. This decision also reflects the substantial growth of merit-based institutional assistance, which has been supported in part by the ministry's successful Ontario Trust for Student Support (OTSS) and Ontario Student Opportunity Trust Fund (OSOTF) programs over the past decade. …

The ministry has allocated more than $1 billion for student-assistance programs in 2012-13, up from $917 million for 2011-12. This 13 per cent increase in funding represents the year-over-year student assistance growth and the new 30% Off Ontario Tuition grant, for which the government allocated more than $400 million.

How much is the government funnelling into universities in 2012?

In 2012-13, the government is allocating an estimated $3.5 billion (preliminary actual) in total operating grants to the university sector. This is an increase of $1.6 billion, or 84 (per cent), over the $1.9 billion in operating grants provided to the university sector in 2002-03.

The 2012-13 Estimates reflects that the Province of Ontario will provide about $110 million in capital grants through the Ministry of Training, Colleges and Universities to the university sector.

Ontario has had the same framework for funding post-secondary education since 2006. A new framework is being drafted. When will it be released, and what will it look like?

Decisions on a new framework will be shaped by considerations such as simplicity, transparency, cost-certainty, fairness and by balancing the public good and personal benefits of post-secondary education. And once approved, it will be promptly shared with stakeholders.

ANGELA MULLINS/METRO

FOR THE FULL TEXT, GO TO METRONEWS.CA.

Justice. Victims of child abuse praise legal update

Promises to give victims a formal role in Canada's criminal justice system and to stiffen penalties for child sex predators are important — if overdue — initiatives, two abused former hockey players said Monday.

Speaking after a roundtable with the justice minister, Greg Gilhooly and Sheldon Kennedy said the Conservative government was on the right track.

A victim's bill of rights was one of three get-tough-on-crime themes the government plans to emphasize this year, Justice Minister Rob Nicholson said.

"Right now a victim is simply a witness — we're at the beck and call of other people," Gilhooly said.

Tougher child-abuse laws are also a priority: currently, small-time marijuana growers face stiffer mandatory minimum sentences than those who rape children.

THE CANADIAN PRESS

Former NHLer Sheldon Kennedy, left, at a conference with Justice Minister Rob Nicholson in Toronto on Monday. COLIN PERKEL/THE CANADIAN PRESS

Authorities storm bunker in Alabama; Boy safe, man dead

Six-day standoff ends. Officials were refusing to say how abductor died in hostage-taking

Officers decided the boy was in imminent danger after the kidnapper was seen with a gun, an FBI official said. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

Authorities stormed an underground bunker Monday in Alabama, freeing a five-year-old boy who had been held hostage for nearly a week in the tiny backyard shelter and leaving the boy's abductor dead.

After days of fruitless negotiation, talks had deteriorated with an increasingly agitated Jimmy Lee Dykes, who had kidnapped the child from a school bus after killing the driver.

Dykes had been seen with a gun, and officers concluded the boy was in imminent danger, said Steve Richardson of the FBI's office in Mobile.

Prior to press time, officials were refusing to say how the 65-year-old died.

Throughout the ordeal, authorities had been speaking with Dykes through a plastic pipe. They also sent food, medicine and other items into the bunker, which apparently had running water, heat and cable TV but no toilet. It was about four feet underground, with about 50 square feet of space.

Authorities said the kindergartner appeared unharmed. He was taken to a hospital in nearby Dothan. Officials have said he has Asperger's syndrome and attention deficit hyperactivity disorder (ADHD).

FBI bomb technicians were checking the property for explosives and planned to look more closely at the scene when it's safe, FBI spokesman Jason Pack said.

Daryle Hendry, who lives about 400 metres from the bunker, said he heard a boom Monday afternoon, followed by what sounded like a gunshot.

Ronda Wilbur, a neighbour of Dykes who said the man beat her dog to death last year with a pipe, said she was relieved to be done with the stress of knowing Dykes was patrolling his yard, ready to shoot at trespassers.

"The nightmare is over. It's been a long couple of years of having constant stress," she said. THE ASSOCIATED PRESS

Social media reveals social disorders

Between all the TGIF posts and baby pictures, your Facebook friends could be dropping clues about their mental states.

In fact, social media could help give therapists a more complete view of patient health, according to a study from the University of Missouri.

"The beauty of social media ... is that it removes some of the problems associated with patients' self-reporting," study leader Elizabeth Martin, doctoral student in the psychological science department, said in a release.

The study, published in the journal Psychiatry Research, involved more than 200 college students. Researchers compared Facebook activity to signs of schizotypy — a range of symptoms including social withdrawal and odd beliefs.

People with social anhedonia — the inability to experience pleasure — had fewer Facebook friends, communicated less and shared fewer photos, the researchers said.

While participants had the option of hiding things before submitting to researchers — a sign of paranoia, according to the study — what they chose to reveal suggests people may be more comfortable sharing online than in person. TORSTAR NEWS SERVICE

News views

1 Washing up in space? Simple.

Canadian astronaut Chris Hadfield squeezes a bag of no-rinse body bath, answering a question on hygiene from grade 5 and 6 students in Ottawa last week. SCREEN GRAB

2 Phone me up? Engage.

Star Trek icon William Shatner will phone Chris Hadfield aboard the International Space Station on Thursday. THE ASSOCIATED PRESS FILE

3 Ethnocide in Quebec? Study.

A report unveiled Monday identifies 92 ways in which Canada hinders Quebec's development, citing the long-gun registry, energy policy and new federal ridings. The study was partially funded by political parties including Premier Pauline Marois's Parti Québécois. THE CANADIAN PRESS FILE

4 Fall from space? Fast.

Skydiver Felix Baumgartner was faster than he or anyone else thought when he jumped from 37 kilometres up. According to the official numbers released Monday: 1,357 km/h, or Mach 1.25. SCREEN GRAB

5 Economic ad spending? High.

Annual spending by HRSDC on ads promoting economic success is up an average 72 per cent since the 2008 collapse, compared to the five years before it; for the Finance Department, 58 per cent; for the Canada Revenue Agency, almost triple. ADRIAN WYLD/THE CANADIAN PRESS

Inspired recycling

Alaskan brewery is 'beer-powered'

The Alaskan Brewing Co. is going green, but instead of looking to solar and wind energy, it has turned to a very familiar source: beer. The Juneau-based firm purchased a $1.8-million furnace that burns the company's spent grain — the waste accumulated from the brewing process — into steam which powers the majority of the brewery's operations. Company officials joke they are now serving "beer-powered beer."
THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.14¢ (-0.13¢)

TSX
12,717.62 (-51.20)

OIL
$96.17 US (-1.6¢)

GOLD
$1,676.40 US (+$5.80)

Natural gas: $3.32 US (+1¢)
Dow Jones: 13,880.08 (-129.71)

New regulations

U.K. banks aren't 'too big to fail'

Britain's treasury chief warned the country's banks Monday they face being broken up if they fail to protect their retail operations from their riskier investment arms. In describing the new regulatory measure, George Osborne told JPMorgan executives the days of banks being "too big to fail" are over in Britain, and taxpayers shouldn't be expected to bail out the lenders. The next time a crisis hits, he wants more options. THE ASSOCIATED PRESS

Heavy maintenance

Air Canada needs aircraft-overhaul facilities: Court

Quebec Superior Court has ruled that Air Canada is contravening federal law by not maintaining heavy-maintenance operations in Canada. The ruling says the airline has an obligation under the Air Canada Public Participation Act to maintain such operations in Montreal and Winnipeg.
THE CANADIAN PRESS

Farewell one-cent coins, hello symmetrical rounding

Cash register confusion.
Now that the penny's days are numbered, how will retailers decide what to charge?

The household penny jar may soon become a thing of the past. The one-cent coin is being officially phased out, and retailers who don't want to accept pennies anymore will round cash transactions to the nearest nickel. RYAN REMIORZ/THE CANADIAN PRESS

The Canadian penny took another step Monday on what could be a long road to extinction, with businesses given the ultimate short-term power of deciding whether they want to keep accepting them.

The Royal Canadian Mint officially ended its distribution of one-cent coins to Canada's financial institutions.

But businesses can still accept the copper pieces as long as they choose, says Shelly Glover, the parliamentary secretary to Finance Minister Jim Flaherty.

"Pennies will retain their value indefinitely so they can continue to be used as long as they are available, and with businesses that are willing to accept them," Glover said at a Shoppers Drug Mart store in Ottawa's south end.

Flaherty announced the demise of the penny nearly a year ago as a cost-saving measure as the mint was spending more to make pennies than they were worth. The last penny made came out of the mint's Winnipeg facility in May of last year.

Retailers who decide to no longer accept pennies as part of cash payments will have to round up or down consumer purchases to the nearest five cents. "When pennies are not available, cash payments will need to adapt," said Glover.

As an example, if a cash purchase totals $1.61 or $1.62, a retailer who doesn't want to deal with pennies would charge a customer $1.60.

If the purchase adds up to $2.28 or $2.29, the customer would be charged $2.30.

The government calls it symmetrical rounding.

Essentially, any final cash amount that ends with a 1, 2, 6 or 7 would be rounded down to the nearest five- or 10-cent increment. Purchase totals ending in 3, 4, 8 and 9 would be rounded up.

Electronic purchases, such as those online or using debit or credit cards, will still be billed to the cent.
THE CANADIAN PRESS

In memoriam

- Google's Doodle paid tribute to the Canadian penny on Monday, which was the day the mint stopped distributing the coin. The word Google was copper-coloured and the first O was a spinning 2013 penny — a coin that was never minted.

GOOGLE SCREEN GRAB/METRO

It's now all fun AND games on Funny 1410!
TORONTO MAPLE LEAFS
Toronto Maple Leaf Play-by-Play.
Follow every game exclusively in London on Funny 1410.
No Joke!
Funny 1410 AM
COMEDY RADIO

IT'S TIME TO THROW OUT THAT LIFE SCHEDULE

SHE SAYS...
Jessica Napier
metronews.ca

If you're nearing 30 years old and have been with your significant other for a while, you are doomed to suffer through relentless questioning about when you're going to get married. Established relationship math dictates that the sum of both of your individual ages multiplied by the number of years you've been together equals a wedding. Of course, there's no relief for those who've actually tied the knot. Newly betrothed couples are inevitably subjected to the "When are you going to have a baby?" question from tactless co-workers and nosy aunts.

When you're not expecting...

But here's the thing about relationships, they don't happen in a perfect and predictable continuum.

It seems that we're obsessed with judging other people's relationships based on whether or not they've hit these milestones of adulthood. Even though many of us are unprepared or uninterested in marriage and parenthood, people always want to know how far along you are on this culturally-constructed life schedule.

But here's the thing about relationships: they don't happen in a perfect and predictable continuum. They are messy and complicated and the timing is almost never right. You can be with the same person for a decade and suddenly find yourself alone again or you can meet someone tomorrow and start a family with them just a few months later.

It can be challenging at times to remain close with our friends when we are hitting these different life stages in a decidedly non-chronological order. Within my own peer group, the conversations can range from daycare availability to salary reviews to the results of an STD test. If a friend tells me she is pregnant, I have to take a beat to assess whether or not she thinks that's a good thing. But even though these varying stages of maturity can make it hard to relate to one another at times, the diversity certainly keeps things interesting.

Recently, a friend of mine asked if she thought we might have children at the same time so they could go to school together. I laughed at her earnest assumption that we could ever plan such a made-for-TV life for ourselves. In reality, it just doesn't work like that. We are not marching along through life in unison while adhering to some sort of rigid master plan. We are winding back and forth, detouring along the way and maybe even getting a little lost sometimes.

It's OK — preferable even — if the relationship math doesn't add up and we veer off course every once in a while. Because wouldn't it be so utterly boring if all of life's milestones were predictable?

Follow Jessica Napier on Twitter @MetroSheSays

Take social convention and toss it out with yesterday's trash.
GETTY IMAGES

Just chillin' at the car park

UNIVERSITY OF LEICESTER/THE ASSOCIATED PRESS

Parking lot find

Skeleton said to be King Richard III

This undated photo made available by the University of Leicester, England, shows remains found underneath a parking lot last September at the Grey Friars excavation in Leicester. The skeleton was declared Monday "beyond reasonable doubt" to be that of England's King Richard III, whose remains were missing for 500 years.

THE ASSOCIATED PRESS

Wars of the Roses

Killed in battle by army of Henry Tudor

Richard III ruled England between 1483 and 1485, during the decades-long battle over the throne known as the Wars of the Roses, which pitted two wings of the ruling Plantagenet dynasty — York and Lancaster — against one another.

But he was defeated and killed by the army of Henry Tudor, who took the throne as King Henry VII and ended the Plantagenet line.

THE ASSOCIATED PRESS

Little doubt

A Canadian's DNA confirmed identity

DNA from the skeleton matched a sample taken from Michael Ibsen, a distant living relative of Richard's sister. The project's lead geneticist, Turi King, said Ibsen — a Canadian carpenter living in London, England — shares with the skeleton a rare strain of mitochondrial DNA. His father Norm still lives in London, Ont.

King said that between one and two per cent of the population belongs to this genetic sub-group, so the DNA evidence is not definitive proof in itself of the skeleton's identity. But combined with the archaeological evidence, it left little doubt the skeleton belonged to Richard.

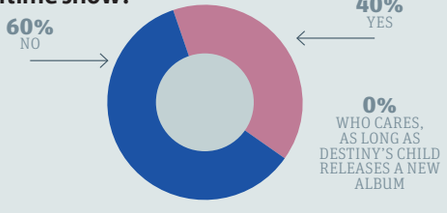
Michael Ibsen GETTY IMAGES

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think Beyoncé was lip-synching during her performance at the Super Bowl halftime show?



Twitter

@zb_armstrong:
#LDNOnt: Where a bus coming in 3 minutes takes 30 minutes to arrive.

@LeGiff:
Still chuckling about the meme I saw the other day: "Nominees - The language you speak with your mouth full of food"

@CedricRichards:
Alright, so I've revised my "break from #ldnont" shortlist: Niagara (ON/NY), Windsor-Detroit, or Taranna?

@_stephconnor:
So long, farewell, auf wiedersehen, good bye, good penny! #pennyfromtheblock

@PresWesternU:
Congratulations to #westernmustangs men's and women's squash teams - Ontario Champions - Again! #OUASport #westernu

@RMaitlandW:
You get sloppy drunk, I stay whiskey neat.

metro
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DVD review

Flight

Director. Robert Zemeckis

Stars. Denzel Washington, Don Cheadle, Nadine Velazquez

●●●●○

Denzel Washington's portrayal of pilot Whip Whitaker, a man on the upper of heroics and the downer of substance abuse, deserves all the kudos he's garnered. Whip's at the controls with co-pilot Ken Evans (Brian Geraghty) when the plane they're flying from Orlando to Atlanta is hit with a calamitous mechanical failure that slams them into a steep dive. Whip takes charge and manages an incredible landing, in which only six of 102 passengers and crew onboard are killed. Whip's a hero. But a mandatory post-crash blood test reveals he was flying bombed. It's a stunning opening by director Robert Zemeckis, who previously filmed a doomed ride in 2000's Cast Away. But Flight's high-tension opening is a mixed blessing, as it challenges the rest of the film to live up to its thrilling scenes, a near-impossible task as the drama moves on to its earthbound plot. Zemeckis and screenwriter John Gatins suddenly yield to dull convention, introducing in quick succession a romantic fellow addict (Kelly Reilly), a comic enabler (John Goodman), a stoic union rep (Bruce Greenwood) and a wily lawyer (Don Cheadle). None of these fine actors get much screen time, but the film wins on the strength of Washington's Oscar-nominated performance alone.

PETER HOWELL

Creating a hit show? It's Elementary

Look ahead. Creator mum on who will play Moriarty, but says the series will become less murder-of-the-week when Holmes' nemesis arrives on the scene

NED EHRBAR
Metro World News in Hollywood

CBS's hit Elementary — a modern take on Sherlock Holmes set in New York City — took the coveted post-Super Bowl slot Sunday night on that network, an honour rarely bestowed on a freshman series. On the tail of such a high-profile unveiling, creator and executive producer Rob Doherty gives us some updates on what's to come for the rest of the series' first season.

That post-Super Bowl slot didn't add that much extra stress

"I'm stressed out all the time anyway. So it's hard to go from 10 to 11," says Doherty. "You know, mostly what we felt was great excitement. Again, it's an honour, it's a privilege, it's an incredible opportunity to expose the show to people who may not have checked it out yet. And so we tried to take all that into consideration as we developed the story that we felt, you know, not only was a good example of what the show can do, but something that our regular audience would really have fun with as well."

Moriarty is indeed coming:

"We cannot wait to get more serious about Moriarty," Doherty admits. "In this day and age, it's virtually impossible to stunt a role and not have everyone in the universe know that this person is coming and will be revealed as this character. So we're approaching it very carefully and as quietly as we can. At the end of the day, we want a tremendous actor, but it's less fun for me if all of you know who it is and when they'll arrive and what they'll be doing. But it's a problem in the immediate future. We have a few more weeks, I think, before we have to sweat that."

When Moriarty arrives, the show will become less murder-of-the-week

"I foresee us getting a bit more serialized than we have been as we get into something of an end run for this first season," explains Doherty. "We'll still look to have a case that begins and ends over the course of a single hour of television, but you want to dollop Moriarty out appropriately, you know? Some of the specifics still need to be ironed out, but yes, as we get closer and closer to wrapping the season there will be a bit more serialization."

Moriarty aside, more figures from Sherlock's past are on the horizon

"At the moment we're actually working on an episode where we will meet Sherlock's dealer from London," Doherty teases. "We'll get, again, a little window into Sherlock, and his experience in London is going to open that much wider for having met this character. And we're lucky enough to have John Hannah (Spartacus) playing that role."

Will Elementary get a big boost from its post-Super-Bowl slot? HANDOUT

The best and worst of the Bowl

Commercial success. Metro reviews the slots from Super Bowl Sunday

SAM CASTONE
Metro World News

Super Bowl commercials are as much a part of the NFL's biggest day as John Madden, chicken wings and a football-shaped cake. That said, here are Metro's picks for the best and worst from Sunday.

The Best

Samsung, The Next Big Thing: In one minute, Paul Rudd and Seth Rogen, pitching a Super Bowl commercial to Bob Odenkirk (a.k.a Saul on Breaking Bad) made us laugh more than their last four movies combined.

Volkswagen, Get In. Get Happy: Was the ad, featuring a white man speaking in a Jamaican accent (because he's so laid-back and happy, due to his Beetle), racist? Eight million people watched to find out.

Oreo, Whisper Fight: The ad — featuring people arguing in a library, quietly, about which is better, the cookie or the cream — asked people to choose their side on Instagram afterwards. Thousands did.

The Worst

Taco Bell: Old people acting young and wild: That joke was tired in the 1980s, when we all rented Cocoon.

Go Daddy, Perfect Match: The Net domain company has earned a permanent spot on the worst list. Bar Rafaeli, has it come to this, post-Leo?

Pistachios, Get Crackin' with PSY: The most-viewed man on YouTube became so with a clever music video. This ad tries to recreate the magic by having him dance with people in pistachio costumes.

Did you miss these commercials on Sunday? Look them up on YouTube.

PSY's pistachio-themed commercial failed to crack us up. HANDOUT

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Harry Styles. ALL PHOTOS GETTY IMAGES

Styles finds silliness in celebration striptease

One Direction's Harry Styles celebrated his 19th birthday Friday with the help of a stripper, a gift sent over from a London radio DJ, according to Sun. Styles, for his part, found the act more comical than sexy. "It was great. I was in stitches. It was really funny," Styles tells the newspaper of the act, in which the woman was dressed as a cop. "The funniest part was that when she finished, she said, 'I'm really sorry. I couldn't find my truncheon, so I had to bring my nunchucks.' That was a bit weird." And lest any of his young fans think anything too untoward happened: "She stripped down to her underwear," according to Styles, "but unfortunately there was a no-nudity policy in the bar."

Weapons of mass seduction

"The funniest part was that when she finished, she said, 'I'm really sorry. I couldn't find my truncheon, so I had to bring my nunchucks.'"

Harry Styles on his cop-costumed birthday stripper

Channing Tatum

A sweet bundle of joy: stork brings Tatum's wife a chocolate craving

Channing Tatum finds pregnant wife Jenna Dewan-Tatum's cravings fascinating. "She never really ate sweets before," he tells E! News. "But she loves sweets now. She loves chocolate and that whole thing, but nothing really out of the ordinary, nothing like pickles and icing, nothing weird." He also calls her pregnancy "one of the sexiest things ever." Meanwhile, Tatum says he and his wife are still in the dark about whether they're having a boy or a girl. "We don't know," he says. "We're going to be surprised. It's one of the only real surprises you're ever going to get that's legit."

The Word

So Katie's got her groove back?

THE WORD
Dorothy Robinson
scene@metronews.ca

Katie Holmes is reportedly ready to start dating again after her split from Tom Cruise, but sources say the fallout from their divorce is still having an effect on her, according to Radar Online. "Katie's in a dilemma, because she wants to date but is concerned where it could lead to from there," source says. "She's worried that if she commits herself fully to another man, she will have to give up the freedom she's enjoying so much at the moment. As a single woman, she has no one controlling her nowadays, telling her what to do or who to see and she absolutely loves it. However, at the same time, she also misses being with someone special to share experiences with and she doesn't want to be alone for the rest of her life."

Don't worry, Katie. Metro has a few suggestions for a waltz partner for you for this next phase of your life:

John Mayer:
Because everyone hooks up with John Mayer.

Samantha Ronson:
Because Stella should totally get her groove back with a foxy lesbian DJ.

Joshua Jackson:
Because wouldn't a Dawson's Creek reunion be better as a reality show?

Danny DeVito:
Because she has a thing for older, shorter guys.

Ted the talking teddy bear from Ted:
Because that bear made half a billion dollars in the box office last year. Holmes needs to be near that kind of box office success.

Justin Bieber

Selena Gomez

Selena want her Biebs back? A rockstar reunion fuels rumours

A month after what seemed like a pretty permanent breakup, Justin Bieber and Selena Gomez reportedly reunited at Bieber's L.A. home recently, according to Us Weekly. The Spring Breakers actress was spotted leaving Bieber's place in the morning after reportedly spending the night. It's unclear whether the meeting was romantic or not. "It never ends," an exasperated source tells the magazine. "We'll see. It's such drama with them."

Demi Moore

Demi hoping for Moore than just a discount on her meal?

Demi Moore is spending more time with restaurateur Harry Morton, fueling speculation that the pair is getting serious, according to Us Weekly. Donning a tight dress and five-inch heels, Moore joined Morton for a cosy dinner at a West Hollywood restaurant this weekend. "She looked really very happy," a source says. Sources seem to be conflicting each other on the nature of Moore and Morton's relationship, with E! News reporting that they've been quietly dating for months while Us Weekly's sources insist they "are absolutely not dating."

Twitter

@DanaDelaney
How do you possibly pack for a 1 month PR trip? I need a valet.

@jessicaalba
I'm so annoyed w my account getting hacked!

@Real_Liam_Payne
As long as I got my suit an tie

@arnettwill
RT Follow me. I'm Will Arnett, for god's sake.

Wheat Belly fact vs. fiction

How bad is it?
In his best-selling book, Wheat Belly, Dr. William Davis slams the much-loved grain, calling it 'a perfect poison.' We asked a nutritionist whether we should follow his advice

ROMINA MCGUINNESS
Metro World News in London

"We have to deal with this incredible blunder that is the over-consumption of carbohydrates and processed foods," warns cardiologist Dr. William Davis, who believes the "cut out fat, eat more whole grains" concept was fiction to begin with.

Rather, removing wheat from our diet is a huge first step. "We should be eating a high fat, carnivorous diet (and) single ingredient foods such as vegetables, nuts, seeds, eggs, full-fat dairy, lean meats, avocados, olives and coconut — excluding grains and sugar," he says.

In his book, Davis argues how a wheat-free diet can promote weight loss and appetite reduction, and can help lower the risk of heart disease. We asked nutrition consultant Dr. Wilma Kirsten to weigh in on the claims.

So bad it's ... bad. ISTOCK IMAGES

It's not wheat, it's poison

"What we're eating is not wheat but the creation of genetics research in the '60s aimed at increasing yield-per-acre. These methods were crude and imprecise. The result is a genetically unique plant far removed from the original grain. Modern wheat is detrimental to our health — even in minute quantities," Davis tells Metro.

What the nutritionist says:
"No! We've gone through generations of eating wheat — if it was so bad, many people would be dead because of it by now. Health problems are linked to over-consumption."

You could lose 25 to 30 pounds in 3 to 6 months

"Gliadin, the main protein in wheat, stimulates feelings of hunger. The moment you lose it, your appetite shrinks and you crave less foods. On average, you'll take in 400 calories less than you used to each day. The deep visceral fat that resides within the abdomen goes first," says Davis.

What the nutritionist says:
"Yes! A lot of those who cut out wheat go, 'What do I eat now? Put a baguette in front of me and I'll go through it like a Japanese bullet train.' People start replacing wheat with proteins and vegetables."

Some gluten-free foods are terrible

Labels can be misleading, says Davis. "These products are nothing more than junk carbohydrates. They're very destructive as they trigger very severe glycemic potential (high blood sugar levels)."

What the nutritionist says:
"Yes! People want bread — so they buy the gluten-free version, convinced they're making the 'healthier' choice. But these products are bad for us. They're highly refined and generally contain soya or corn flour, two hyper-allergenic foods. Go naturally gluten-free by eating grains like polenta, rice and quinoa instead."

Wheat causes intestinal damage ...

"It irritates your gut — stop eating it and you lose an inflammatory drive that makes indigestion, diarrhea and autoimmune diseases occur," says Davis.

What the nutritionist says:
"Yes! Wheat contains the protein gluten, which can irritate the gut lining. This causes inflammation, leading to abdominal cramps and bloating. But not everyone reacts badly. Say I eat wheat-based foods three times a day, whereas you only eat them twice a week. If you then cut them out of your diet, the changes in your body won't be that dramatic, as you didn't eat much in the first place."

... and messes up your blood sugar levels

"In fact — it sends them soaring," says Davis. "Removing wheat from your diet helps lower your blood sugar, which in turn lessens the risk of developing cardio vascular disease."

What the nutritionist says:
"Yes! Low-fibre, refined carbohydrates are easily converted to glucose, causing a spike in blood sugar levels. When these rise too high, your pancreas has to secrete insulin to bring them back down. If this happens, you may be at risk of pancreatic insufficiency."

Germs in your gut could prevent disease

Bacteria in our gut can help boost immunity. ISTOCK IMAGES

Not all bugs are bad.
Research finds that manipulating bacteria in the GI tract can protect our health

CELIA MILNE
life@metronews.ca

Germs make us sick, right? But bacteria in our gut can also make us well.

A new Canadian study has found that manipulating bugs in our GI tract can protect us from disease.

"We've got gazillions of bugs in our gut. They're part of who we are," says Dr. Jayne Danska, senior scientist in genetics and genome biology at SickKids Hospital in Toronto. "They help us to digest, make vitamins and train our immune systems to do the right thing."

Danska and colleagues from the U.S., Germany and Switzerland were trying to solve the puzzle of why autoimmune diseases are so much more common in women than men.

In their experiment, they worked with a strain of female mice at high risk for Type 1 diabetes. They exposed the females to gut flora from male mice. Instead of 90 per cent of the females developing autoimmune disease, only 25 per cent of them got sick.

Tips from Danska

You can help keep your gut healthy by following three simple tips:

- Eat real food (not processed)
- Consume mostly plants
- Don't eat too much

Just a splash of citrus: Pork with Orange-Balsamic Glaze

ROSE REISMAN
for more, visit
rosereisman.com

Pork tenderloins are usually sold in packages of two, each package averaging one and a half pounds.

If you buy them from your butcher, the tenderloins may be larger and you'll have to increase cooking time.

Today's improved agricultural methods mean that pork can safely be eaten medium or medium-rare.

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 1/2 lb pork tenderloin (2 small loins)
- 1/4 cup orange juice concentrate
- 1/4 cup apricot jam
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tsp grated orange zest
- 1 tsp minced garlic
- pinch salt and freshly ground black pepper
- 3 tbsp chopped fresh parsley or cilantro
- 1/4 cup diced dried apricots

1. Preheat the oven to 425 F. Line a 9-by-13-inch baking dish with parchment paper.

2. Lightly spray a large non-stick grill pan or skillet with cooking oil and place over high heat.

3. Sear the tenderloins for about 2 minutes per side, or just until browned. Place in the prepared baking pan.

4. To make the glaze, combine the juice concentrate, jam, vinegar, oil, orange zest, garlic, salt and pepper until smooth. Spoon 1/4 cup of the glaze over the tenderloins and bake for about 20 minutes or until the internal temperature reaches 145 F for medium.

5. Reheat the remaining glaze. Slice the tenderloin and serve with the glaze overtop. Garnish with chopped parsley and diced apricots.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

I am not at all bitter!

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Ayurvedic and traditional Chinese medicine have always suggested bitter greens to "cleanse the liver" and mainstream North American natural health practices are catching on. But, do they really?

The empirical evidence is mixed and technically, according to the Canadian Liver Foundation, the liver doesn't need to be "cleaned," but anything that contributes to a healthy lifestyle contributes to a healthy liver. What we do know is that greens, like dandelion, promote the flow of bile and stimulate its secretion. Bile is needed to break down fats in the body.

A healthy flow of this disgusting green stuff is needed for good digestion.

Good digestion of a super healthy vegetable is enough for me to suggest including it in your diet. You can try:

1. Dandelion greens

2. Arugula

3. Broccoli Rabe (Rapini)

4. Curly Endive

5. Radicchio

The bitterness comes from a specific phytonutrient and each plant has its own amount.

Some producers have bred the bitterness out in order to create a more palatable product, so think about finding the heirloom or organic varieties to get the most pucker for your buck.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Thai Chicken with Grapefruit Salad

1. Combine chicken with 1 tbsp (15 ml) of the canola oil, grapefruit juice, curry paste and 2 tsp (10 ml) of the ginger. Coat evenly. Set aside.

2. In bowl, whisk remaining oil, ginger, fish sauce, vinegar and sugar. Set aside.

3. Cook noodles for 2 minutes. Drain, rinse and place in bowl. Add grapefruit, red pepper, bean sprouts, peanuts and green onion. Drizzle with dressing, toss well and set aside.

4. In a skillet, set over medium-high heat, stir fry chicken for about 8 minutes, until no longer pink. Spoon over noodles and toss. Sprinkle with mint before serving.

NEWS CANADA

Ingredients

- 12 oz (375 g) boneless skinless chicken breasts, thinly sliced
- 3 tbsp (45 ml) canola oil, divided
- 2 tbsp (30 ml) 100% Florida grapefruit juice
- 2 tbsp (30 ml) Thai red curry paste
- 1 tbsp (15 ml) grated fresh ginger, divided
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) rice vinegar
- 1/4 tsp (1 ml) granulated sugar
- 6 oz (180 g) rice stick noodles
- 2 Florida ruby red grapefruits, peeled and segmented
- 1 small red bell pepper, thinly sliced
- 1 cup (250 ml) bean sprouts
- 1/4 cup (50 ml) chopped peanuts
- 1 green onion, thinly sliced
- 2 tbsp (25 ml) chopped mint

Not enough Vitamin C? Try the Black Bean Citrus Chili

It may be cold and bleak outside, but your meals don't have to be. Preparing meals with a sweet splash of citrus not only adds flavour, but also nutrients that can help energize you during the dreary months.

"It's important to maintain a balanced diet," says registered dietitian Lydia Knorr. "Citrus fruit and juice are delicious, easy to incorporate into meals, and they provide key vitamins that help support the immune system as well as overall health."

This recipe is a healthy update on a winter favourite that incorporates Florida orange and grapefruit juices into a comforting dish.

This recipe makes six to eight servings. NEWS CANADA

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 green pepper, chopped
- 1 jalapeno pepper, seeded and minced
- 1 tbsp (15 ml) ancho chili powder
- 1 1/2 tsp (7 ml) ground cumin
- 1/2 tsp (2 ml) smoked paprika
- 2 cans (19 oz/540 ml each) black beans, drained and rinsed
- 1 can (28 oz/796 ml) stewed tomatoes
- 1/2 cup (125 ml) each Florida orange and grapefruit juices
- 2 tbsp (30 ml) tomato paste
- 2 tbsp (30 ml) chopped fresh cilantro
- 1 tbsp (15 ml) chopped fresh oregano
- 1 avocado
- 1/3 cup (75 ml) sour cream
- 1 tbsp (15 ml) chopped fresh cilantro
- 1 tbsp (15 ml) Florida grapefruit juice

1. In a large pot, heat oil over medium heat. Cook onion, garlic, green and jalapeno peppers, chili powder, cumin and paprika for 8 minutes. Stir in beans, tomatoes, orange and grapefruit juices, tomato paste, cilantro and oregano. Bring to a boil. Reduce heat and simmer, stirring occasionally for 20 minutes.

2. In a separate bowl, mash avocado until smooth. Stir in sour cream, cilantro, grapefruit juice and salt to taste. To serve: dollop each serving with avocado cream.

NEWS CANADA

LEARNING FRENCH GIVES YOU AN EDGE

REAP BENEFITS OF BILINGUAL SCHOOLING

CONTRIBUTED

In Canada, bilingual children grow up to be successful adults. Capable of reading, writing, and holding a full conversation in either official language, they have employment prospects that span not only English and bilingual work environments, but entirely French-speaking ones, too. By attending a fully French school through French Language Education in Ontario (FLE), your child will become bilingual for life — increasing his or her chances of finding fulfilling jobs.

FLE differs from French immersion. It is a network of nearly 500 public and Catholic elementary and secondary schools located across the province, plus 11 post-secondary institutions, all offering programs and services in French.

All of the schools offer full-time junior and senior kindergarten programs for children aged four and older, and in some cases, as young as three. (They have been doing so for the last 13 years, with excellent results). These programs stimulate the social, intellectual, and cultural development of the very young. Through them, your child can learn French at an early age, reaping the cognitive benefits of doing so.

French-language schools in Ontario also offer special programs designed for children with little or no fluency in French. These programs develop the skills your child will need to achieve success in FLE's schools. Since French-language schools also teach English, you need not worry about your child's proficiency in either official language.

Students not only study in French, they enjoy extracurricular activities in French as well. Outings and activities are integrated into the curriculum, giving them the opportunity to experience French life in Ontario. This exposure to Ontario's rich French culture and diverse community helps your child embrace his or her cultural identity and better appreciate the country's heritage.

Academic standards are high in FLE, and the students thrive, thanks to small class sizes and dedicated instructors. And their futures are bright. A recent study, released by Le Regroupement des gens d'affaires de la Capitale nationale (RGA) and The Conference Board of Canada, reveals that Canadian francophones generally earn a higher-than-average salary. The study also indicates that the unemployment rate among French Canadians is less than that of the total population. Francophones contribute to the economic prosperity of any region in which they live — almost 20 per cent of Canada's GDP, and 22 per cent of its employment, can be traced to the francophone economic presence.

Your child can be a part of all this. To learn how, visit elfontario.ca.

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A WORLD OF POSSIBILITIES

Backstabbers beware! Housewives get real about their relationships

With a little help from my... The six stars of hit Vancouver show talk to Metro about what defines a genuine friend

PHYLICIA TORREVILLAS
life@metronews.ca

The cast of Real Housewives of Vancouver can agree that backstabbers will never be their true friends. HANDOUT

Friendships can be put to the test when you put six very different, opinionated and strong-willed women in one room, let alone cast them in a reality TV show.

Though they may bicker and fight, the six Real Housewives of Vancouver have something in common when it comes to what makes a good friend — they don't like backstabbers, liars and fakers. Robin Reichman, a Texan and Christian, said she's really good at sensing whether a person she meets for the first time will end up in her Christmas card list or not.

"A good friend is someone who is genuinely happy about your success, supportive of anything good that happens to you and not someone who wants to outdo you," the mother of two said.

Ioulia Reynolds, a 27-year-old art consultant, believes honesty is the best thing.

"There's no such thing as being too honest," she said. "If somebody's in my heart and I love them, and they turn around and backstab me, that's the worst. I will forgive, but I will never forget."

Amanda Hansen, a divorced mother with three young children, said real friends will be there for you no matter what your decisions are.

"My friends may not have been necessarily supportive initially of me doing this (show), but as soon as they saw that this is what I wanted to do … they're like, 'If anyone can do this, you can do this. You're the strongest woman I know.' I have the best friends in the world," she added.

Meanwhile Jody Claman said she learned the value of friendship growing up in Merritt, B.C.

"My parents taught me to 'Show me your friends and I'll tell you who you are,'" the self-made businesswoman said. "We (lived) in the middle of nowhere. Our ranch butted up to ... (an Aboriginal) reserve for a First Nations band and so we had basic human responsibilities to be kind and support one another."

The show's drama-filled first season left Ronnie Negus and Mary Zilba's friendship broken and it appears there's no reconciliation happening any time soon.

"If something like this gets in the way and takes down that 19-year friendship, then you question that friendship anyways because no show and no nothing could take a friendship down that was solid," Negus said.

Being on the show, Zilba said, revealed who her real friends are. "Ronnie has chosen her alliance and that's Jody (Claman) ... It's sad that she's not my friend anymore. It's sad that she's someone I used to know, not someone I call up anymore," the former Ohio beauty queen said.

Hotel etiquette question

Tipping a butler service

Dear Charles the Butler, My husband and I have an upcoming stay at the Savoy in London, which comes with butler service. We've never stayed in a hotel with butler service before. Do you tip after a given service (for example, give a tip as the butler is leaving the room after, for example, unpacking for us), or do we provide a gratuity at the end of our stay? Or, do we provide a gratuity at all? We don't want to come off as boorish, so please advise. — Clueless Couple.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I know the Savoy hotel well, and the head butler, Sean Davoren, is both a personal friend and one of the most well respected butlers in the U.K. His well-trained team will take very good care of you. But back to your question, the most appropriate time to tip the butler is at the end of your stay and there is no set amount.

It's time to say goodbye to your tax refund

Alison on money. That government cheque could cost you in future savings

YOUR MONEY
Alison Griffiths
money@metronews.ca

An unexpected financial gift, a surprise bonus at work or a lottery win are all lovely windfalls. But for the average working stiff, the only thing that usually falls into this category is the annual tax refund.

In fact, it isn't really a windfall at all. It's a loan to the government, which is returned to you with little or no interest being paid. Now that is a lousy deal! Since the year is young and tax season close, now is an excellent time to consider removing yourself from the refund ranks.

That government cheque is actually costing you in terms of future savings or current debt.

Here's an example. Say you have $2,400 on a credit card with a 19.5 per cent interest rate. And let's assume you also average a $2,400 tax refund annually.

Your plan is to pay the minimum amount 2.5 per cent monthly (starting at $60) then wipe out the balance when the tax refund arrives. With what's left ($240.22) you are going to take your sweetie out for a wonderful dinner.

However, over the year, while the government is hanging on to your money, you will have paid $446.12 in interest on that credit card debt. So your tax refund is effectively reduced to less than $2,000.

A far better plan would be to adjust the tax withholding on your paycheque and use the extra money monthly to knock down the debt. In this case, you would be paying $260 monthly on the debt — the $60 minimum plus the $200 not going to the government.

The debt would be discharged in just over 10 months. The interest paid would be $221.53. Best of all there's $498.47 free and clear by the end of month 12 for a fancy restaurant meal.

The numbers are even more dramatic projected over time. If you saved that $200 a month for 20 years at an average annual return of four per cent, compounded quarterly, it would amount to more than $74,000.

Now why would you let the government keep that kind of money when it could be in your own pocket?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Your tax refund might seem like a financial gift, but it's more like a loan to the government. ISTOCK IMAGES

Meet with financial advisers until you find one that you are comfortable with when starting to invest in your future. ISTOCKPHOTO/THINKSTOCK

Tips for new investors

JANE DOUCET
For Metro

Since they were first introduced in Canada in 1957, registered retirement savings plans continue to be one of the best ways to save for retirement. In addition, this type of investment will reduce your taxable yearly income.

"RRSPs are also a good way to build a down payment to buy a house," says Blair Guilfoyle, a certified financial planner in Toronto and a partner with Guilfoyle Financial.

Guilfoyle shares the following insights with those who are new to RRSP investing:

Find an experienced financial adviser

Ask trusted family, friends and colleagues to recommend an adviser, then meet with them until you find one you are comfortable with. "It's important that the person has the required designations, such as certified financial planner or chartered financial analyst," Guilfoyle says.

It's also helpful if they have been working in the financial industry for a few years and have a broad range of experience. An independent financial adviser (one not associated with a particular bank) will be able to offer a greater choice of investment companies, as well as other types of financial planning services.

Figure out your risk tolerance

Your adviser will help you determine how much market-volatility risk you are comfortable with and your timeline to withdraw the money, then choose the RRSPs based on that information.

For example, someone with low-risk tolerance who wants to take the funds out in five years to buy a house might do well with conservative guaranteed investments, such as redeemable GICs (guaranteed investment certificates) or conservative mutual funds. "It's important to have a comprehensive conversation up front about goals and risk tolerance," Guilfoyle says.

Identify your goals

Do you want to use your RRSPs to save for retirement? Or to buy a house or further your education? The first step is to decide what you want that pool of cash for. Perhaps you have been contributing for a while and you are ready to buy your first house: The federal government's Home Buyers' Plan allows you to withdraw up to $25,000 from your RRSPs to buy or build a home.

If you decide to pursue full-time training of post-secondary education — maybe you want to apply to law or medical school after working in another field — you can borrow up to $20,000 through the Lifelong Learning Plan.

Don't be discouraged by market dips

It's important to know at the outset that there will be market volatility in the future. When your portfolio does dip, don't panic — the dips will be temporary. "Don't jump in and out of investments because you're nervous about market performance," Guilfoyle cautions.

Refund. Wise ways to get your money working

Great news! Thanks to your RRSP, you are getting an income tax refund. And as much as you would like to spend it on something fun, you probably should use it wisely.

Stephanie Holmes-Winton, a Halifax-based financial adviser and president and CEO of The Money Finder, has these six suggestions for how to do so:

1 Build an emergency savings fund. When it comes to a refund, try to pretend that you never had the money in the first place so you don't blow it on something frivolous.

"It's hard to do but not impossible," Holmes-Winton says. The ideal emergency fund should cover six months of such necessary expenses as mortgage or car payments, rent, food and utilities."

2 Make a lump-sum payment on your mortgage. If you do this every year that you receive a refund, the reduction in payments will add up over time. "That means you'll pay less on both the principal and interest," Holmes-Winton says.

3 Top up your "fun" money. If you are planning to take a holiday or do minor home renovations in the near future, put the refund in a high-interest savings account until you are ready to use it. "Then maybe you can afford marble countertops instead of laminate," Holmes-Winton says.

4 Start a tax-free savings account (TFSA). It's a smart idea to use one type of retirement savings to start another complementary type of retirement account. A TFSA is a flexible, registered, general purpose savings account that earns tax-free investment income to more easily meet life-time savings needs.

5 Put it toward next year's RRSP. The smart thing to do in this case is to open a separate savings account with no debit card access. "That makes it a slower process to access those funds," Holmes-Winton says. "If you know it's going to take a few days to get the money, you'll be less likely to spend it impulsively."

6 Get the family's input. If you have children who are elementary school age or older, hold a family meeting to ask them how they think the refund should be spent.

JANE DOUCET

RRSP Deadline March 1, 2013

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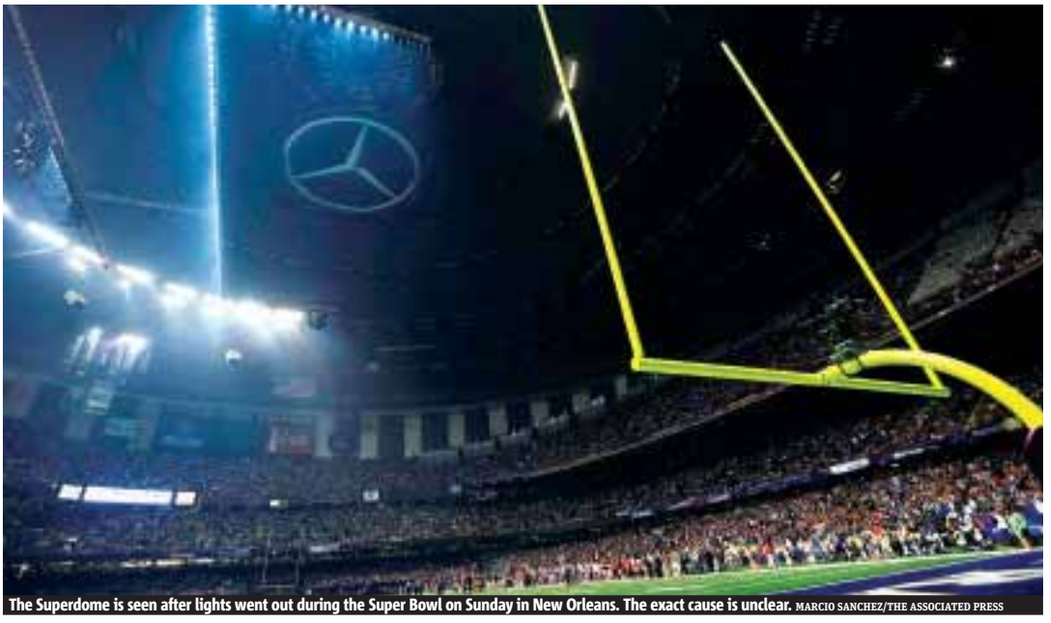


The Superdome is seen after lights went out during the Super Bowl on Sunday in New Orleans. The exact cause is unclear. MARCIO SANCHEZ/THE ASSOCIATED PRESS

In the dark over cause of outage

Lights-out Super Bowl. Culprit may not be known for days: Energy company exec

Who turned out the lights?

The day after the 34-minute blackout at the Super Bowl, the exact cause — and who's to blame — is unclear, though a couple of potential culprits had been ruled out.

It wasn't Beyoncé's electrifying halftime performance, according to Doug Thornton, manager of the state-owned Superdome, since the singer had her own generator. And it apparently wasn't a case of too much demand for power. Meters showed the 76,000-seat stadium was drawing no more electricity than it does during a typical New Orleans Saints game, Thornton said.

The lights-out game Sunday proved an embarrassment for the Big Easy just when it was hoping to show the rest of the world how far it has come since Hurricane Katrina in 2005. But many fans and residents were forgiving, and officials expressed confidence that the episode wouldn't hurt the city's hopes of hosting the championship again.

To New Orleans' great relief, NFL Commissioner Roger Goodell said the city did a "terrific" job hosting its first pro -football championship in the post-Katrina era, and added: "I fully expect that we will be back here for Super Bowls."

Fans watching from their living rooms weren't deterred, either. An estimated 108.4 million people saw the Baltimore Ravens beat the San Francisco 49ers 34-31, making it the third most-viewed program in television history. Both the 2010 and 2011 games hit the 111 million mark.

The problem that caused the outage was believed to have happened around the spot where a line that feeds current from the local power company, Entergy New Orleans, connects with the Superdome's electrical system, officials said. But whether the fault lay with the utility or with the Superdome was not clear.

Determining the cause will probably take days, according to Dennis Dawsey, a vice-president for distribution and transmission for Entergy.

THE ASSOCIATED PRESS

A big deal in Canada

18.2M

Overall, more than 18.2 million viewers in Canada watched some or all of the game on RDS or CTV, CTV said. The game attracted an average audience of 7.33 million viewers on those channels.

NHL

Vanek garners first-star status

Buffalo Sabres left-winger Thomas Vanek was named NHL's first star of the week Monday after leading all players with 10 points last week.

Pittsburgh Penguins left-winger Chris Kunitz earned the second star and Vancouver Canucks goaltender Roberto Luongo picked up the third star.

Vanek recorded five goals and five assists in four games. THE CANADIAN PRESS

Buffalo Sabre Thomas Vanek celebrates scoring against the Boston Bruins on Thursday in Boston. GETTY IMAGES

NHL

Rangers and Wild wheel and deal

The New York Rangers traded rugged forward Mike Rupp to the Minnesota Wild on Monday for forwards Darroll Powe and Nick Palmieri.

The Rangers have been looking for depth at forward to complement their top line of Rick Nash, Brad Richards and former Wild star Marian Gaborik. New York is also dealing with the loss of captain Ryan Callahan, who is currently sidelined by a dislocated shoulder.

Rupp has played in 565 NHL games over 10 seasons with New Jersey, Phoenix, Columbus, Pittsburgh and the Rangers.

THE ASSOCIATED PRESS

Ex-Rippers intern playing for spot in Fan Cave

Ex-London Rippers intern April Whitzman has not given up on her dream to work in baseball. She's currently in the running to become a MLB Fan Cave Dweller. HANDOUT

Although she found it difficult to fathom during the club's downfall last July, former London Rippers intern April Whitzman is leveraging the experience in hopes of winning a contest run by Major League Baseball.

Whitzman, 25, is one of 52 finalists for the 2013 edition of the MLB Fan Cave. The top 30 are invited to attend big-league spring training in late February. About a third of them get picked to spend up to six months in New York City as a fan reporter, or Fan Cave Dweller.

"At the time, I was kind of hurt and disappointed," said Whitzman, of the Rippers halfseason stay in London that was riddled with financial woes.

"Looking back on it now, though, it's definitely taught me that the (money players) of the baseball industry are not always going to step up to the plate and hit a home run."

The MLB Fan Cave, as Whitzman puts it, is essentially a baseball-themed version of the Big Brother reality TV show.

Those who make it far enough to get to call New York City home are tasked with interacting with fans on a number of platforms, such as social media and video, before, during and after games. They work inside a baseball haven filled with dozens of TVs, countless pieces of memorabilia and plenty of comfy couches.

In the running

Pair of Canadians in the MLB Fan Cave's top 52:

- **April Whitzman,** North York, @Alleycat17 on Twitter.
- **Evan Wansbrough,** Vancouver, @theIsotopes on Twitter.

***Voting at MLB.com/FanCave closes on Feb. 13.**

To crack the MLB Fan Cave's top 52, Whitzman and thousands of other competitors had to submit an essay and video pleading their case.

Forty-five seconds into Whitzman's two-minute video, she talks about her time with the Rippers while decked out in team apparel. It's short and sweet, and to the point.

"I'm just looking forward to the whole experience. Getting to know other people who are exactly like me, who live and breathe baseball, day in and day out," said the public relations professional originally from Campbellton, N.B.

Over the course of the season, contestants are eliminated one by one until a champion is crowned in the lead-up to the World Series. San Francisco Giants fan Ashley Chavez was awarded the No. 1 prize in 2012. JOHN MATISZ/METRO

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
The world around you may be chaotic but you are a vision of calm. It may be unusual for you to be this laid-back. But if you are smart, you will do whatever it takes to make it last as long as possible.

Taurus
April 21 - May 21
Changes in your place of work may be causing you all sorts of problems at the moment but there is really nothing to worry about. In fact, in the longer term these changes may be just what you need.

Gemini
May 22 - June 21
Be dynamic. Be different. The more chances you take between now and when the Sun changes sign in a couple of weeks time, the more options you will have later in the year. Dare to follow your dream.

Cancer
June 22 - July 23
You need to confront your fears head-on. The planets urge you to be brave and face up to what has been worrying you these past few months. Make this the day when you seize back the initiative.

Leo
July 24 - Aug. 23
No one has the power to burst your bubble. The more others spin tales of despair and destruction, the more you will laugh in their faces. Quite right too. Life is good and getting better by the day, the hour, the minute.

Virgo
Aug. 24 - Sept. 23
Your attitude seems a lot more positive now, especially where relationships are concerned. No doubt it has something to do with Mercury's move into your opposite sign. It signals a more upbeat approach to life in general.

Libra
Sept. 24 - Oct. 23
Cosmic activity in your fellow Air sign of Aquarius urges you to be adventurous. You can be a star over the next few days, if you have the guts to go out there and make a spectacle of yourself. So, do you?

Scorpio
Oct. 24 - Nov. 22
Go along with what your friends suggest today, even if your heart is not really in it. Chances are it will develop into the kind of situation where you not only have a lot of fun but make some money as well.

Sagittarius
Nov. 23 - Dec. 21
If you have not made up your mind about where your next vacation will be, you must get on it straight away. The Sun moves out of the travel area of your chart in two weeks. Make a decision by then.

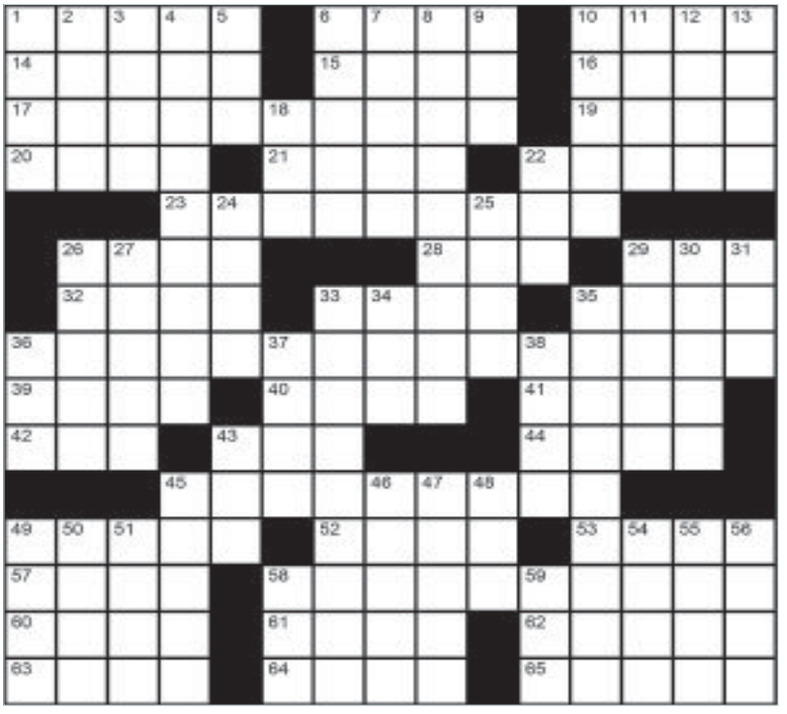
Capricorn
Dec. 22 - Jan. 20
Because you can see both sides of an issue, you may find it hard deciding who to support. But what makes you think such a decision is necessary? Stand back and let your rivals fight among themselves.

Aquarius
Jan. 21 - Feb. 19
The Sun remains in your sign until the 18th, which means you have plenty of time to make your mark. Whatever successes you have enjoyed or failures you have endured, put them all behind you and do something remarkable.

Pisces
Feb. 20 - March 20
Mind planet Mercury moves into your sign today, making it easier for you to see things as they really are rather than as how other people want you to see them. You'll realize that most of your fears are unfounded. SALLY BROMPTON

Crossword: Canada Across and Down

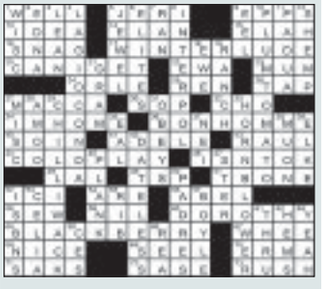
BY KELLY ANN BUCHANAN



Across
1. Actor Johnny's surnamesakes
6. Barney and Betty's baby, when doubled
10. Air heroes in war
14. All
15. 16 Wing Borden, the 'Birth-place of the _ _ _ _'
16. Credit card
17. 1700s French fortress on Cape Breton Island
19. How Canada Geese fly, _ _ _ _ shape
20. Bag style
21. Wine bottle plug
22. Raising the Roof's money-raising red hat to help the homeless
23. Meewasin Valley Trail locale
26. Commedia dell'__ (Centuries-old improvised comedy)
28. Like some humour
29. Cable network
32. "__ & Stitch" (2002)
33. US music trade org.
35. Ireland
36. Peter MacKay's government job: 2 wds.
39. Paris airport
40. Port of Yemen
41. Leave out
42. Hiver's French opposite
43. "So long."
44. Meshworks
45. Support together
49. Honeydew __
52. Cut of meat
53. Swiss peaks
57. "Pronto!"
58. Provincial bird of Ont.: 2 wds.
60. Foot injury result
61. Prefix to 'allergenic'
62. Air freshener target
63. Some slitherers
64. Greyish
65. Boat poles

Down
1. Shoulder muscle, informally
2. Cooking oil, to Rachael Ray
3. __-etre (Perhaps, in Montreal)
4. Vancouver-born actor Jason
5. Method [abbr.]
6. Stream
7. Luxury brand from Honda
8. Samuel Langhorne Clemens' pen name: 2 wds.
9. Factory activity [abbr.]
10. Engined bird flying over Montreal?
11. Five: French
12. Jacob's twin in the Bible
13. Conserve
18. Cavemen yrs.
22. Mattel product
24. "__ Flux" (2005)
25. Port city of Algeria
26. __ Bay, British Columbia
27. __ through (Plunder)
29. Band's cue to start: 2 wds.
30. Wrestling great Mr. Hart's
31. Not 'neath
33. Sends out soldiers again
34. "_ __ Mine" by The Beatles
35. Victor Hugo character
36. Anonymous surname
37. Small islands
38. Prefix to 'sphere'
43. "__ voyage!"
45. Hamilton's __ Coliseum
46. Pizazz
47. Leonard of "Star Trek"
48. __-Cat (Ski hill machine)
49. __ fide (In bad faith)
50. 'Photosynth' suffix
51. Light source
54. Toilets, British-style
55. Sulk
56. Grads-to-be, for short
58. "__-ching!"
59. Name: French

Yesterday's Crossword



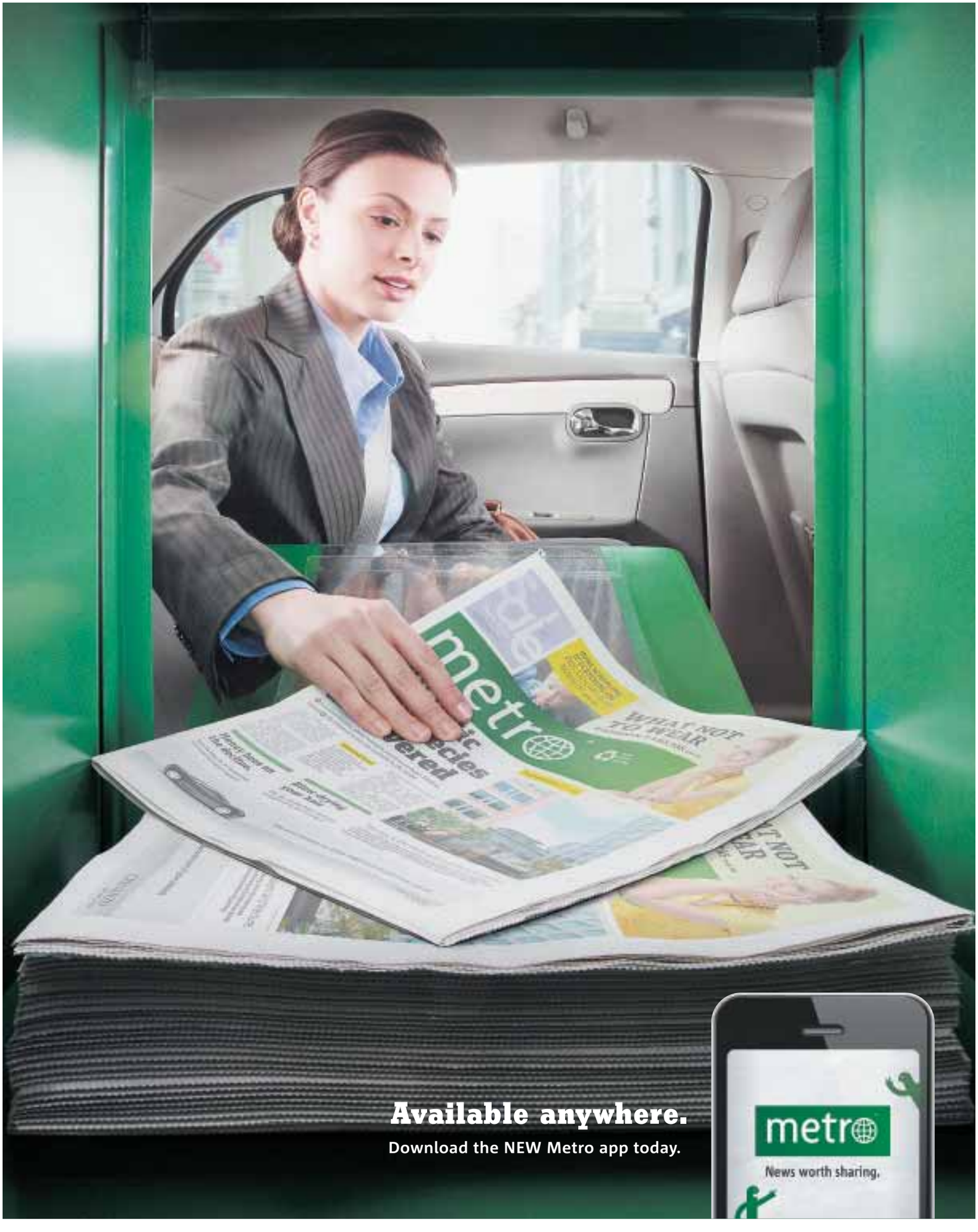
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3					5	7
5		6			9	4		
		8		5				
			4	1		3		
1			7		5			4
		2		3	6			
				2		6		
		7	1			9		8
6	2					5		

Yesterday's Sudoku

NEED A RIDE?
Read metrodrive every Wednesday.



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